JMG BEST PRACTICES



Please share your JMG Best Practices that are innovative, sustainable, and replicable. Mail, Email, or Fax this form using the contact information at the bottom of the form.

TITLE:	Time Capsules / Goal Setting Exercise
PARTICIPANT CONTACT CLASSIFICATIONS:	□ AR ~ Academic Remediation □ CA ~ Career Association □ CS ~ Community Service □ ES ~ Employability Skills □ FT ~ Field Trips / Guest Speakers □ GC ~ Guidance Counseling □ OT ~ Other □ WL ~ Work Based Learning
GROUP SIZE:	☐ Small Group (Under 10) ☐ Medium Group (11 – 30) ☐ Large Group (Greater than 30)
PARTNERS:	

DESCRIPTION:

- 1. BRING A POTATO CHIP CANISTER, TALL OR SHORT, OR AN OATMEAL BOX. DECORATE YOUR TIME CAPSULE. USE WRAPPING PAPER, BUTCHER PAPER, MARKERS, GLITTER, STICKERS, ETC.
- 2. On a sheet of paper write down 3 5 goals that you would like to complete this year or semester. You can put whatever you want in the capsule. For example: a poem, favorite color, resolutions, individual or class predictions, sample writing, completed test, etc. Seal canister
- 3. PLACE ALL CANISTERS INTO A LARGE, TAPED BOX IN PLAIN SIGHT.
- 4. ON THE LAST DAY OF SCHOOL OPEN YOUR CANISTER AND REVEAL TO YOURSELF IF YOU MET YOUR GOALS.

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MATERIALS/COST/OTHER:

SCHOOL:	Lodge Grass High School
JOB SPECIALIST:	Della Anderson
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